

# Naval Postgraduate School MONTEREY BAY ATHLETIC CLUB

## EXECUTIVE BOOTCAMP



**When:** 15 January – 8 April 03

**Where:** NPS Athletic Club

**Cost:** \$20.00 Military  
\$30.00 DOD/Civilian

*Twelve week weight loss, nutrition education, and strength/ cardiovascular training class (lecture only). How much body fat do you need to lose? If you lose an agreed amount of body fat, participants get half the entry fee back. At the same time learn how to improve your fitness level.*

*Class meets every Thursday 11 am - 12 pm. Body fat measurements will be taken, at the beginning and at the end of twelve weeks.*

*Instructor: Loy Vincent,  
B.S. Master Fitness Specialist  
(The Cooper Institute)*

*For more information, please call  
656-1943/3118 or visit our website at  
[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)*

